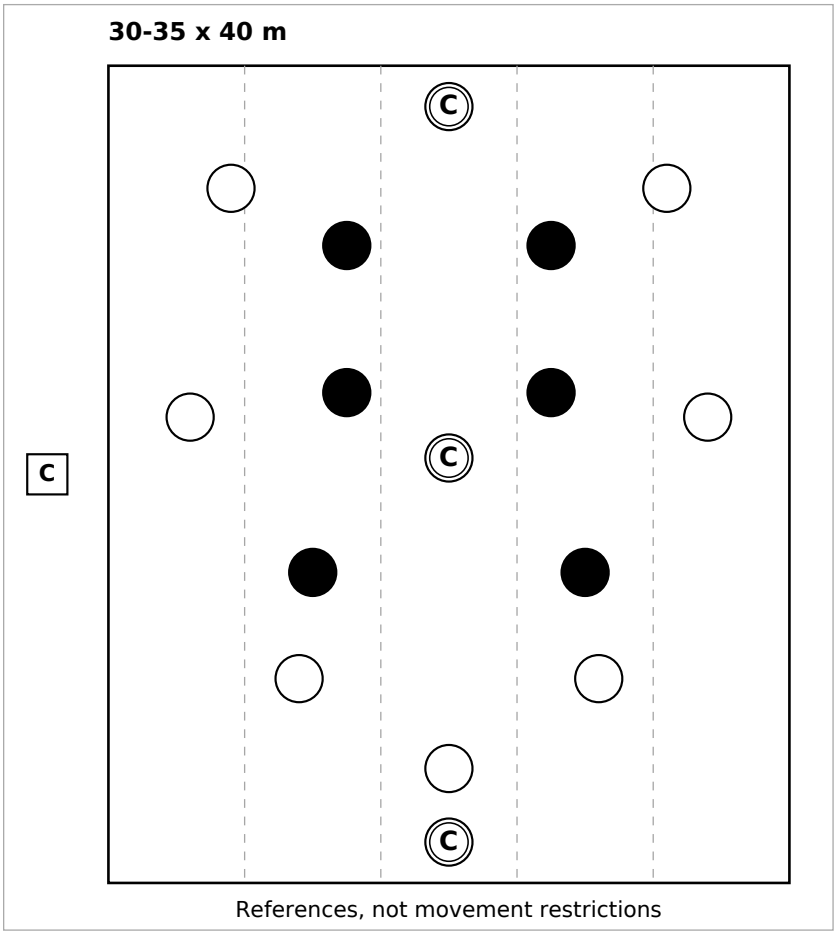
B - Create

General practice | 15 min | 37-52 min

7v6 + 3 common players | 30-35 x 40 m



Outlined circle: coached team. Filled black: opposition. Double ring: common player / GK. Square C: coach, outside the player total.

• Duration: 15 minutes

• Practice Type: General / Wide Overload

• Organisation: 7v6 + 3 common players (16 total); approx. 30-35m x 40m; five-lane reference (L1-L5).

• Focus: Create a 2v1 outside, progress around the opposition and regain inside access.

• PLAYER PROBLEM Can we create the wide overload, go around the opposition and return inside with purpose?

Key behaviour: Find the wide spare > commit the defender > release > move, but not as a compulsory sequence. If the defender does not engage, continue carrying or retain.

Coaching detail: Effective width; support angle/distance; carry at the defender; commit; timing of release; overlap/underlap; movement beyond; third-player combination; accelerate back inside after going around.

Progression (Harder): Start with 2v1 in the outside lane; add a recovering defender; then allow the opposition to choose when/where to press so the overload must be created.

Regression (Easier): Increase width; return to 2v1; manipulate defender starting position so the spare player and inside return are clearer.

Coach Questions: Who is spare? What makes the defender commit? When do we release? Who supports underneath? How do we get back inside after going around?

Coach Observation: Do not reward a wide pass merely because an overload exists. The correct decision may be to carry, retain or wait until pressure commits.